

## What will happen next?

From the phone contact the Hume REPS worker will assess the situation. If the referral seems to be early psychosis or if it is still unclear the Hume REPS worker will organize a time to meet with the young person informally. This would be somewhere safe and where they feel comfortable. The young person can bring along someone they trust, or see us alone. It is up to them. This gives us an opportunity to listen, and to get to know the young person, and for them to get to know us. If appropriate we will make another time with the young person when they are ready and we will ask some questions around some of their experiences. Sometimes it is a relief to share experiences that have been hard to understand and to get the help you need.



## Then what?

If we believe that what the young person is experiencing is an early psychosis, then we will complete an assessment and assist them to get the treatment they need. If it is unlikely the young person has an early psychosis we will help them find alternative support.

## Some Useful Phone Numbers

**Kids Helpline:**  
**1800 55 1800**

(For people under 18 years of age)

**Lifeline:**  
**13 11 14**

**Directline:**  
**1800 888 236**

(For assistance with Drug and Alcohol issues, help is available 24 hours a day, 7 days a week)

## Some Useful Websites

[www.eppic.org.au](http://www.eppic.org.au)

Early Psychosis Prevention and Intervention Centre

[www.reachout.com.au](http://www.reachout.com.au)

For young people needing to reach out for help

[www.itsallright.org.au](http://www.itsallright.org.au)

Help and support for mental illness

[www.beyondblue.org.au/ybblue](http://www.beyondblue.org.au/ybblue)

Information about depression and anxiety

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Hume Region Early  
Psychosis Service

## When you think you are losing it!

**If you or someone you know is:**

- Acting weird or strange
- Being suspicious
- Withdrawing from friends and family
- Socialising less
- Appearing confused
- Imagining things
- Hearing voices
- Just not the person he/she used to be

It could be early psychosis. Psychosis means losing touch with reality. It can be treated successfully. Early treatment means quick recovery.

**So don't wait!**

## What is Psychosis?

Psychosis is the term used to describe a condition that affects the mind, in which someone has loss touch with reality. A person experiencing Psychosis may find it difficult to distinguish between what is real, and what is not real.

Psychosis is most likely to occur in young adults. Around 3 out of every 100 young people will experience a psychotic episode. Most make a full recovery from the experience.

Psychosis can affect thoughts, feelings and behaviour. The experience of Psychosis varies from person to person, therefore a young person with Psychosis **may** experience some or all of the following symptoms;

- Hallucinations (for example hearing things that no-one else can hear, or seeing things that are not real).
- Bizarre or unjustified beliefs and judgments such as delusions or false beliefs (for example believing that someone can read their thoughts).
- Disorganized thinking
- Confused speech
- Paranoia
- Bizarre behaviour



## Why is early treatment of

### Psychosis important?

Initiating treatment early is one of the best ways to improve the outcome of Psychosis. Treatment is most successful when started early. Some of the potential benefits of early intervention include:

- Less disruption to life
  - Retention of social skills and support.
  - More rapid recovery
  - Reduced family disruption and distress
- With appropriate treatment the majority of young people who experience a Psychosis will recover.

### What if you or someone you know is possibly experiencing a Psychosis?

Young people/adults experiencing a Psychotic disorder are not always able to understand, or willing to explain what is happening to them. There is a lot of fear to overcome in speaking out about what they are experiencing. People already working with these young people are in the ideal place to assist them in getting the help they need.

### Who is Hume REPS?

Hume REPS is the Hume Region Early Psychosis Service. They are Mental Health professionals who specifically work with young people experiencing an Early Psychosis. Hume REPS works with young people (16 – 25 year olds) and their supports experiencing Early Psychosis.

## Who can refer to

### Hume REPS?

A Hume REPS Early Psychosis Worker can be contacted by a young person who is seeking help, by a friend or family member, or by someone who is working with the young person to discuss and explore appropriate referring. General Practitioners can also refer to Hume REPS. It is important that the young person has consented for someone to ring on their behalf.

### How is a referral made?

Initial contact is made by phone to the Hume REPS worker via your local Area Mental Health Service. Explain that you have been reading this brochure and would like to be put in contact with a Hume REPS worker. The local area mental health services are:

**Goulburn Valley 1300 369 005**  
*(Including the shires of Moira, Strathbogie, Greater Shepparton, Mitchell and Murrindindi)*

**Wangaratta 1300 783 347**  
*(Including the shires of Delatite, Wangaratta and Alpine)*

**Wodonga 1300 881 104**  
*(Including the shires of Towong, Wodonga and Indigo)*

For urgent help contact your local Area Mental Health Service directly on their 24 hour number above